

AT HOME DISCUSSION

STAY FRESH: June 20th | Week 1

MAIN POINT AND BIBLE VERSE

Big Question

How would you describe temptation?

The Verse

Ephesians 4:21-24 NLT, Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

ICEBREAKER QUESTION

What's the hardest thing to clean up once it gets dirty?

LESSON QUESTIONS

1. What was your favorite part of the message today? What's one thing you learned?
2. What's your answer to today's big question? (Printed above)
3. Why is sin sometimes tempting?
4. Read Ephesians 4:21-24 NLT. What do you think it means to "throw off your old sinful nature"?
What kind of picture does this verse give you of what sin is really like?
5. When we pray, God can reveal ways that He can freshen up what we think, say, or do. Out of these three areas, which one do you feel is most "out of place" and what is one habit you could start that would help?
6. Talk to students about what's on their minds and hearts and bring those things to God in prayer together.

PRAY TOGETHER

